



# SHIRENETH

JUNE 1976 VOLUME V, No. 6

35¢

SHIRENETH

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## THE FIFTH ANNIVERSARY OF SERENITY

*A lecture given at Serenity Spiritualist Church on May 2, 1976  
through the mediumship of Richard P. Goodwin*

As you all know, a birthday only comes once a year, and so it is this day that we celebrate the birthday of the Serenity Church, for it was five years ago this day, May 2, 1971, that Serenity Church held its first service here at the American Legion Log Cabin. I feel that it would be not only of interest, but of benefit, in keeping with the philosophy presented by this Association, to share with you the short, but very full, five years of the Serenity Church.

As most of you, at least my students, are aware, I had somehow over the years gained an adversity in my consciousness to what we call in this world churches. Although I had been a member of a church in San Francisco for a number of years, I had convinced myself that that is the one thing that I would never want for myself. It is interesting in life how we view our experiences from such a limited perspective. And so it was in those years past that my view was quite limited in keeping with my own personal hopes and aspirations, as all views are limited by all of us. And so, eight years ago, this August 20,

I was instrumental in founding the Serenity Spiritualist Camp Association. We purchased that year in 1968, December, forty acres of land in the mountains of Mendocino County, and I was indeed very happy, for to me at that time, forty acres was plenty of space for the varied personalities to express themselves, and therefore, no one would be congested in that large an area.

Only a few years were to pass when I was to meet my own adversity, a church. And so it was, on February, the 22nd of 1971, at the request of those souls long ago passed to the higher life, requested that a church be opened in order that they may present through an organization what we now have as The Living Light philosophy. There is a teaching in that philosophy that states the law of payment and attainment. There is no such thing as a credit in spiritual awakening. We all pay in advance. Now, the reason that we pay in advance for any type of spiritual awakening is quite simple. We must ask ourselves, of course, oh, what is the payment? The payment is to give up the obstructions in

*(continued page 4)*

## THE FIFTH ANNIVERSARY

*continued from page 3*

consciousness that stand before our eternal soul and the Divine Eternal Intelligence called God. That means anything in our mind that we have convinced ourselves we cannot do without—that is the very thing we shall learn in time to do without in order to be free. Now, I am very personally familiar with these things that we stop and we think, "Well, I can do without anything," but that's not the way it really works. We think we can do without things until those very things are removed from us without our own conscious choice. At least we think we have not made a conscious choice when they are taken from us, but the truth of the matter is somewhere in our evolution we did make a conscious choice, and the law fulfills itself.

And so it is in the opening of this church five years ago today. As I stated it had become my adversity — any church— just the thought of it, for to me in those years past, I saw what I believed was so much personality and dissension. Such a total waste of energy! Such a deprivation to permit oneself not to enjoy the beauty and the love this earth has to offer! However, I bowed and surrendered to the

request of the Spirit, and these doors opened May 2, 1971. And all of the reasons that my mind had given me for never having a church I learned to face. For like a great magnet, that that is entertained in mind goes out into the universe and it returns unto us. But through that — through facing those adversities — a great deal has been gained, for it is in the five years of this church that The Living Light philosophy has truly come into its own, and has brought to this world the simplicity of eternal truth. No philosophy ever given to the world is readily appreciated. If it is a philosophy that is instrumental in causing man to face himself — if it is that type of a philosophy — then it is the last thing that man and his mind truly wants.

Why is it, we must ask ourselves the question, that we do not, in truth, want to face ourselves? We cannot face ourselves until we accept the divine truth of personal responsibility; that we and we alone are personally responsible for every experience in life that we encounter; that there is nothing outside — whether they call it the devil or God — that is responsible for what we do with our life. That type

*(continued page 6)*



THE PENETRALIA  
 BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS  
 By Andrew Jackson Davis

*Continued from last issue*

It is no easy task that a writer, even in so humble a class as myself, takes upon him; he is scouted and ridiculed if he fails; and if he succeeds, the enmity and cavils and malice with which he is assailed, are just in proportion to his success. The coldness and jealousy of his friends not unfrequently keep pace with the rancor of his enemies. They do not like you a bit the better for fulfilling the good opinion they always entertained of you. They wish you to be always promising a great deal, and doing nothing, that they may answer for the performance. That shows their sagacity, and does not hurt their vanity. An author wastes his time in painful study and obscure researches, to gain a little breath of popularity, meets with nothing but vexation and disappointment in ninety-nine instances out of a hundred; or when he thinks to grasp the luckless prize, finds it not worth the trouble—the perfume of a minute, fleeting as a shadow, hollow as a sound: “as often got without merit as lost without deserving.”

He thinks that the attainment of acknowledged excellence will secure him the expression of those feelings in others, which the image and hope of it had excited in his own breast, but instead of that he meets with nothing (or scarcely nothing) but squint-eyed suspicion, idiot wonder, and grinning scorn. It seems hardly worth while to have taken all the pains he has been at for this!

In youth we borrow patience from our future years: the spring of hope gives us courage to act and suffer. A cloud is upon our onward path, and we fancy that all is sunshine beyond it. The prospect seems endless, because we do not know the end of it. We think that life is long, and that, because we have much to do, it is well worth doing: or that no exertions can be too great, no sacrifices too painful, to overcome difficulties. Life is a continued struggle to be what we are not, and to do what we can not. But as we approach the goal, we draw in the reins; the impulse is less, and we have not so far to go; as we see

*(continued page 34)*

## THE FIFTH ANNIVERSARY

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of a philosophy of simple truth presented to the mind causes the mind to back off and to go through an emotional type of trauma. For we know in the depths of our own being that our life and our world is the way we make it and it is the way that we take it, and that our errors of yesterday that have caused experiences that are not pleasing unto us is something that has past and gone if we have learned the lesson that it had to offer to us. If we have not learned the lessons of yesterday's transgressions of natural law, then we continue to experience the effects of today's transgressions. It does not behoove man, in fact it is the direct opposite, it is detrimental to man to think of yesterday and become discouraged. For discouragement is the path to hell, yet encouragement is the path to heaven. This and this moment alone is the only moment in which you have the choice of choosing a life of prosperity and happiness and health and joy. You cannot choose yesterday's moment, for yesterday's moment has gone and past. And as the Bible teaches us, let the things of the dead bury the dead. Let us live in the moment in which we are con-

sciously aware.

And so it is today that we look at this moment, and we may review what has passed only in the sense that hopefully through personal analysis we have learned the lessons that have been offered to us. And if those lessons have not been well learned, then we will continue to stumble along the eternal path of evolution. We all know that patterns of mind that we have attached ourself to for a lifetime are not easy things to change, but there is a law greater than the laws created by the minds of men, and that is the law, the Divine Law of Evolution. Whether we like it or not, we are changing. Whether we want to let go of those patterns of yesterday, in truth, it does not matter for those patterns are leaving us. For the Divine eternal law of the evolving soul is greater than the created laws of the minds of men. Now we can make this evolutionary process a joyous one, or we can make it the greatest struggle that we will ever know. We can do that by choosing wisely what thoughts and attitudes we will permit our minds to entertain at any moment. The greatest dillusion ever placed over the evolving soul is the dillusion of the mind that gives credit and

*(continued page 29)*



## *Student's Corner*



Responsibility and understanding are two soul faculties that we must learn sometime, somewhere. As we review our past to better understand ourselves, sooner or later we realize that we have repeated certain patterns of thinking and subsequent acts which have caused us much anguish.

Perhaps in desiring to assist another and becoming too emotionally involved and thinking we are in some way responsible, we did not wait to be asked before plunging in to help. Over our heads, unprepared and uninvited, we nearly drowned! As we shook ourselves off and began to think about that unpleasant situation, we approached reason, another soul faculty. It was then that our soul took precedence over our limited minds with all the past taped opinions and uncontrolled emotions we had depended on for so long.

*by Helen Gelardi \**

To assist another it is best to be good examples by knowing our selves and expanding our capacities spiritually, mentally and physically. As we pray and meditate each day, asking God for guidance, we will realize our mistakes and release them. We will proceed to forgive ourselves by that time and all those whom we believe have hurt us; we wipe the slate clean.

Eventually we respond to life in the finest sense of the word, lovingly and with reason, for we have progressed and grown in our understanding of true responsibility.

## VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

*Continued from last issue—*

## FUNCTIONS OF THE CELESTIAL CURRENTS

Accordingly, when a man dies to the external world, he very soon becomes alive to the existence and the things of the world internal. Without leaving the chamber of death — which is not an uncommon occurrence with persons of a certain earthly constitution and unaspiring mind — the individual is, or may be, in a position to take immediate note of many “Wonderful Things seen and heard in the World of Spirits.” He observes what was before the *inside*, but which has now become the *outside*, of every person, object, event, etc. He can discern (or see) exactly what is occurring in the very room wherein “he died” only a very few hours previously. Persons who thus naturally, or by affectional preference, linger near and hover about the “place of their birth” (which is usually called *death*), are frequently mentally and spiritually disqualified either to receive or impart light and happiness. But they are *in* the omnipresent “world of spirits,” and this is the only point we now desire to impress upon

you.

Swedenborg described, under psychological dictation, and by force of the logical requirements of his biblical system of correspondential revelations, the situation of “the world of spirits” as intermediate, or as a sort of hadean neutral territory, between the three eternal heavens on the one hand and the three eternal hells on the other. But accepting the truth that the spiritual is *within* the natural, as the soul is within the body corporeal, it follows logically and scientifically and truthfully, that whenever and wherever a man dies, *then* or *there* he becomes forever an inhabitant of the interior universe; and it as logically and naturally follows that from that time and from that place the death-emancipated man may and does ascend into the air, and, either by volition or involuntarily (for do we not all speed away on the earth both night and day at the fearful rate of sixty-eight thousand miles an hour?) he can thus and he does thus, sooner or later, enter his appropriate place in the Summer-

*(continued page 14)*



## Visitors Views



"I'm still somewhat overwhelmed; this is all very new to me. I think that I need time to let it all sink in and be absorbed."

"Missed the service for several weeks and felt quite empty. My return to California and Serenity has lifted my soul again. Much thanks." M.A.C.

"Very interesting and spiritual." C.B.

"I really have no particular comments other than I am open to your philosophies and have believed a lot of them. Your friendliness is nice."

"Interesting service. I would like more on your philosophy."

"Very inspiring, interesting, peace-giving."

"This is the church I've been looking for. The instruction I received was exactly what I needed (whether I like it or not). Thank you." Barbara

"I was delighted by the clear messages. I hope that the unfolding of our world is quickened by your persistence in channeling God's energies."

"The service was extremely warm, exciting and most uplifting. The memorial service had a powerful impact on me since I lost my young 31 year old brother a month ago today. The celebration, rather than grief, was an important message not only to me, but to everyone here." S.J.

## SPIRITUALIST DICTIONARY

## TELEPLASM

From a communication received (*Rock of Truth* by Arthur Findlay), the material of which the voice box is made for the production of direct voice phenomena. Ectoplasm from the medium is mixed by the spirit operators with 'psychoplasm' to produce a palpable substance called 'teleplasm', capable of being moulded into various shapes.

## TELESCOPIC VISION

A particular kind of clairvoyant perception, akin to viewing through a long telescope, things not perceivable in the normal way.

## THEOSOPHY

Mme. Blavatsky, a founder of the Theosophical Society in 1875, defined it as 'Wisdom Religion or Divine Wisdom, the substance and basis of all the world religions and philosophies, taught and practised by a few elect, since man became a thinking being'. It differs from Spiritualism in ascribing spirit messages to the activities of 'astral shells' or evil spirits. It teaches a doctrine of compulsory reincarnation,

and the development of latent psychic powers. According to Dr. Carl Wickland, she communicated after death to renounce the reincarnation doctrine.

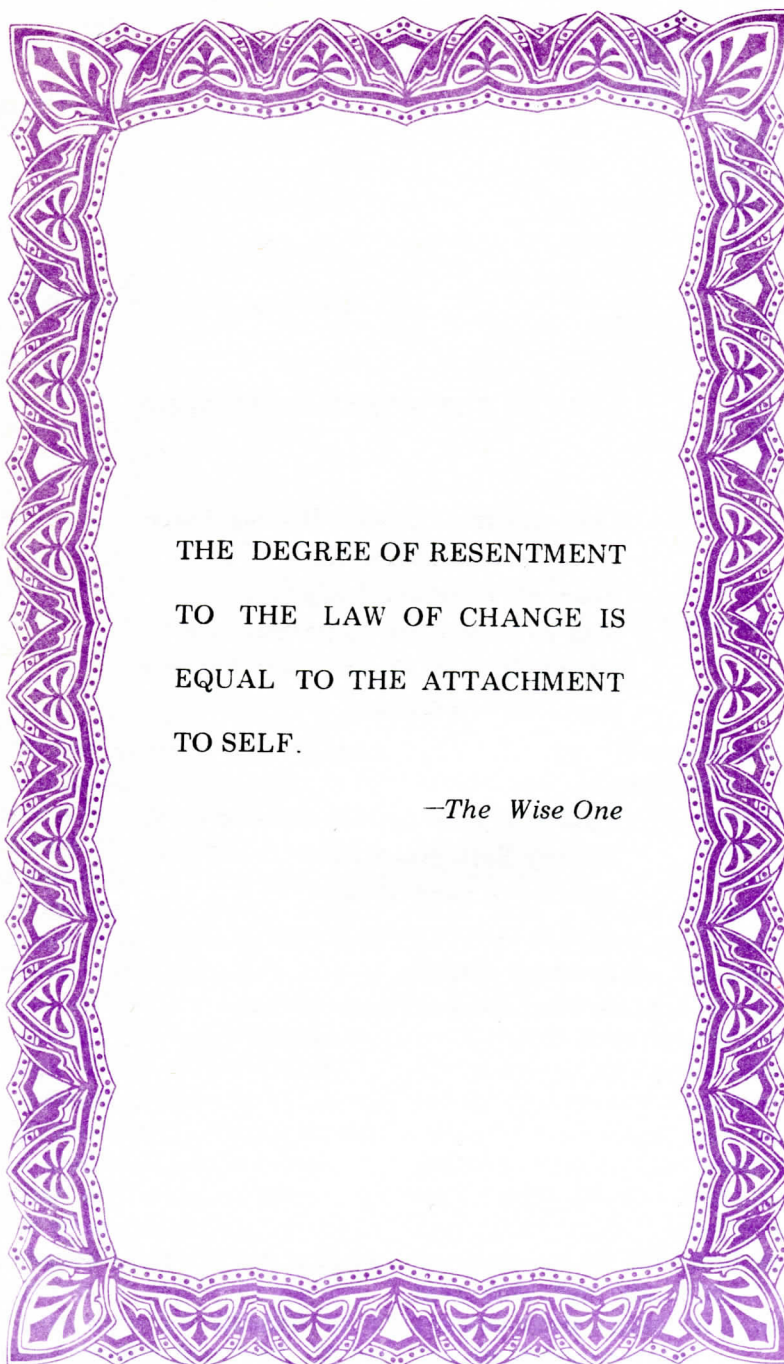
## THIRD EYE

An occult organ of psychic vision situated in the forehead. Attempts have been made to identify this fabulous organ with the pineal gland, at one time considered to be the seat of the soul. This idea is inconsistent with Spiritualist teaching, as the etheric or spirit body is a duplicate of the physical body, and contains only the usual complement of eyes.

## THOMAS, REV. C. DRAYTON

Notable for his book tests; experiments designed to exclude telepathy in mediumistic communications. By this method the communicator quotes a precise passage in a book or newspaper accessible to the experimenter, the appropriateness of which has a direct bearing on the matter under discussion. Excellent results have been obtained by this and similar methods and provide some of the best evidence for survival.





THE DEGREE OF RESENTMENT  
TO THE LAW OF CHANGE IS  
EQUAL TO THE ATTACHMENT  
TO SELF.

—*The Wise One*

*PRAYER FOR SPIRITUAL HEALING*

*I ask the great Unseen Healing Force  
To remove all obstructions  
From my mind and body  
And to restore me to perfect health.  
I ask this in all sincerity and honesty  
And I will do my part.*

*I ask this great Unseen Healing Force  
To help both present and absent ones  
Who are in need of help  
And to restore them to perfect health.  
I put my trust  
In the Love and Power of God.*





## *Healing Hands*

*by Duncan Robertson\**

A few years ago the makers of a popular seltzer product invented a new disease, "the blahs." Of course the truth of the matter was and is that "the blahs" have been around for a long time — they are when we suddenly find ourselves with a seeming lack of interest in life, no direction and no energy. We get "the blahs" through a lack of continuity in any particular direction. As we apply this Divine energy in any given area, we reap a harvest in keeping with the circumstances under which we are acting and to the degree of the effort that we put into it.

This may be likened to a farmer sowing his field. If he

plants in an orderly manner in fertile soil, he will reap a good harvest. But, if he scatters his seed to the winds to let it fall where it may, he will very soon find himself going hungry. The ancient teaching that "God helps those who help themselves" applies just as much to our health as it does to our wealth. If we do not make the effort to wisely channel our resources into areas where they can be of greatest value, then we can't very well blame God if the harvest we reap is exactly what we have asked for. And so the best cure for "the blahs" is to remove their cause, and we do that by going to work.

## HEAVENLY HOME

*continued from page 8*

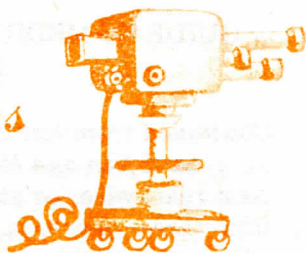
land. For there is no space in the fields of infinitude which cannot be traversed by beings whose existence revolves upon that wonderful pivotal power called Will. The fields of earth can be crossed from any point and to any other point; even so the celestial streams can be forded — the aerial oceans navigated; and thus the very rivers of paradise may be made subservient to the eternal unrest of mind.

Amid the sad scenes of this rudimental world, and amid the overpowering hardships of our common physical and social life, what a relief it is to contemplate the wisdom, the loveliness, the grandeur, the uplifting love, the boundless beneficence, which exist for us under our very feet, and all the way round the earth, and over all our heads! All mankind are by necessity great travellers, and restless; because all our eternal life is a progressive and endless journey. If we halt by the way, if we attempt to take a brief needed repose in the lengthening shadows of our sunset days; then forthwith the spinning earth, like a steed at his highest speed, runs away with us; and very soon he ruthlessly destroys everything we hold in the arms of

love as most sacred. Driving, driving — drifting, drifting — onward and inward every moment, whether sleeping or waking, whether good or evil, whether obedient or transgressing, whether in the mystic charm of love or enveloped in the blackness of despair — onward and inward through birth into life, through death into life again, rapidly or slowly, yet with the certainty of resistless fate—upward “Where the glorious arch is lifting,” speeding with the swiftly, softly, sweetly flowing river of transparent and glittering beauty, which glows with the effulgence of liquid gold, which reflects the stars around and the suns above like a ribbon-mirror composed of purest diamonds—till onward we go, floating through scenes more resplendent than the hallowed dreamings of angels; and thus we arrive upon the dimpling margin of the Summerland — to form new associations, to grow by feeding on new surroundings, to unfold in the warming and illuminating atmosphere of the divine love and wisdom, instructed by the past, thankful for the present, and hopeful for the future which shall be everlasting.

*(continued next issue)*

## News & Views



by Duncan Robertson \*

Out of the "God is dead" theology of the early 1960's came a re-searching in the mind of Western civilization of its religious values, and many new schools of thought sprang up in the process. In an article entitled "The Religious Crisis," published in the Winter 1976 quarterly of *The Yale Review*, Louis Dupre asserts that the revived search for a deeper meaning to life will have to go beyond a musical chairs of traditional doctrines to an assessment of basic attitudes. Dupre contends that at the heart of the "crisis" is man's justification of what is popularly called the "scientific revolution," an attitude of mind which he traces back to the flourishing of Greece. In its symptoms, says Dupre, "we witness the beginning of the uninhibited pursuit of a drive to separate, analyze, to take apart and, in a second stage, to reassemble into a new synthesis over which the mind exercises full control. Clearly in such an attitude the unity of existing complexes can no longer be held sacrosanct. Its prevailing disposition is one of

critical doubts, its main tool, analysis, its primary objective, control. Objective values cease to exist and are replaced by the subjective aim of power."

Dupre believes the solution to the "crisis" lies within: "One thing is certain, no way leads back to the past. A culture can only move *on*. The patience required in a needy time, far from being passive resignation, demands clear sightedness and courage. For it is difficult to accept what we have become—lonely, dispersed, isolated and yet to abide the return of meaning.

"What we need more than a different belief is a different attitude, an attitude in which existing is more than taking, acting more than making meaning more than function—in which there is enough leisure for wonder and enough detachment for transcendence."



## GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT

by E.W. and M.H. Wallis

*Continued from last issue—**How Often and How Long.*

As a rule twice, or at the outside three times, a week is often enough to sit. Seances should not last much over an hour, certainly not longer than two hours.

*The Requisite Conditions.*

A round, three-legged, plain deal kitchen table is considered the best adapted for tilting or rapping, but almost any ordinary table will answer the purpose. Pleasant conversation will relieve the tedium and prevent strain while waiting for manifestations. Avoid controversial subjects and the extremes of seriousness and levity. Kindly thoughts and an aspirational frame of mind are conducive to good results. Stiffness, formality, and conventional exclusiveness are likely to prove fatal to success. Sincerity, sympathy and cheerfulness will go a long way towards making good conditions, and if mediumistic powers exist and spirits are present who desire to manifest, phenomena of some sort are likely to occur. We have known manifestations to take place at the first meeting of the circle, but sometimes the sitters have to wait for weeks or even months. Inhar-

monious feelings and discordant conditions will either prevent phenomena and react painfully upon any members of the circle who are sensitive, or they may attract spirits of an undesirable class. It is therefore better to suspend proceedings, or break up the circle, than to continue to hold the sittings if the feelings of mutual confidence and good will are absent. When once the circle has been formed or phenomena have been obtained, no new sitters should be introduced unless permission is obtained from the spirits.

It is a good plan to sit in the same room, and wear the same garments as far as is convenient. Not that any special robe is necessary, but that, as the room and dress become impregnated with the psychic auras of the sitters, you may have as nearly as possible the same conditions from time to time. For this reason a special room is often set apart as a 'seance room,' and used for no other purpose; there is less likelihood of mixed influences or turbulent manifestations under such conditions.

*(continued page 21)*

## CHILDREN'S CORNER

*In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes. — Editor*

Love is happiness. Love is god.  
and love is everything.

*Lisa Toquinto, Age 8*

When you are thinking good thoughts about a person that is sick or hurt, that person may feel or get better. If a person is sad you can make him or her feel happy by saying something nice, or you can make that person feel sad if you want to say something mean. It is nice to have a person feeling good.

*Sean Connolly, Age 9*

Love—Love is like when you care for someone and you are nice. When you care for a stray cat and let it come live with you. and it is also kindness, and when things are going great.

*Virginia Kohl, Age 11*

god is everything like nature  
I like god.

*Patrick Connolly, Age 8*

joy is when you are happy.

*Mary Connolly, Age 7*

Joy is good.

*Michael Field, Age 5*

Love is being kind and helping. Like as in I help my mother make her bed.

*Mary Connolly, Age 7*

God is white. God helps people get together to share.

*Maureen Connolly, Age 5*

he gives us a church and food to eat and place to live in and clothes that he gives us.

*Yvonne Fernandes, Age 10*

He helps do my homework and everything I should do and not wrong.

*Desmond Fernandes, Age 6*

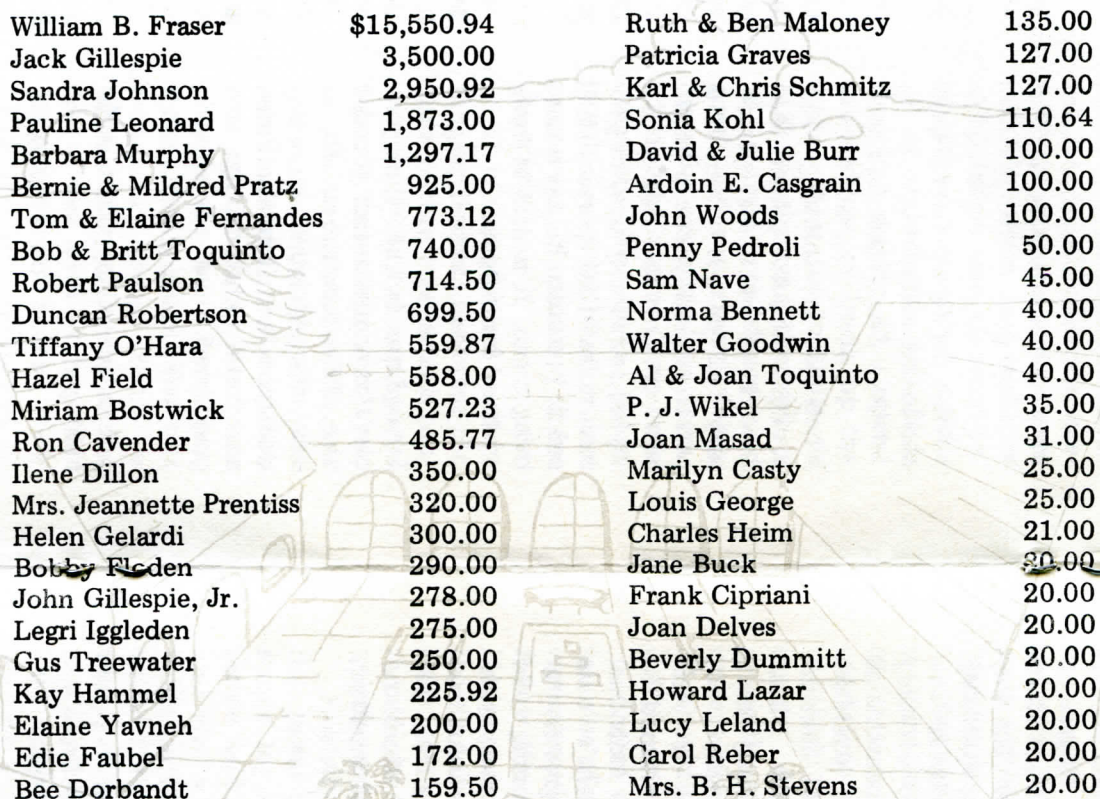
I love God because He created me. and I love god. because if I didn't no how to do something I would say may affirmation and He would help me.

*Lisa Toquinto, Age 8*

# Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$35,567.08



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We gratefully acknowledge gifts to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.



# The Living Light

*THE LIVING LIGHT* is a unique book, presenting the first and fresh expression of the individual understanding of a Great teacher from other dimensions, known to us only as *The Old Man*. This book, given as a series of discourses to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin, contains the understanding developed in *The Old Man* through centuries of study in the higher realms of Light. The lessons to be perceived are not new. In fact, they are very, very old, but they are new and alive to certain levels of our con-

sciousness. This is why they are given now, in our time, to those who seek. These lessons are not based on dogma or creed, rather on the natural laws of the universe. The way is not easy, but the simplicity of truth is gently taught in this inspirational course of study which, if applied, contains all the teachings and exercises necessary to unfold spiritual awareness, the Divine spark in every man. The system of teaching is carefully attuned to the individual student's own progressive awakening of the power within his being that he may truly free his soul from the bondage of creation.



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*Service selflessly applied again and again, again and again, will free us and illumine us from the bondage, the prisons and the disturbances of conflicting creation.*

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## GUIDE TO MEDIUMSHIP

*continued from page 16*

**Punctuality.** Members of the circle should be punctual and keep their appointments with their spirit friends. Fancy keeping an angel waiting half an hour when he comes to serve and bless you! Angels are 'messenger spirits.'

**Regularity in Attendance** is very important, so that, as far as is possible, the same conditions may be provided on each occasion. The seance should be opened promptly to time, and late comers—if admitted at all—should take their seats as quietly as possible.

**Prayer and Song.** A few minutes of silent aspiration, of earnest soul-felt desire, should follow the singing of a hymn. If anyone is prompted, or feels the impulse from the other side, to utter a prayer, it should be done reverently, quietly, and briefly.

**Passivity is Essential,** not the passivity of an unconscious log of wood, but the serene and calm passivity of one who is expectant without being anxious; who aspires without being demonstrative; who is receptive without being exacting or personally active. Not passive in the sense of yielding implicit and unquestioning obedience, but responsive to impulses, impressions, thoughts or suggestions that come to him in a reasonable

and intelligible manner.

**Patience is Necessary.** Time is required for growth; for the attuning of the two spheres and the blending of the thought-life of the spirit with that of the medium. Do not be impatient nor over zealous. Steady unfolding and ripening are best.

**Perseverance is Indispensable.** There will of necessity be difficulties to be overcome. Experiments will fail. Misconceptions will arise. Imperfect manifestations will occur. Conditions will vary. A variety of contingencies which cannot be foreseen will have to be dealt with as they crop up. Do not be deterred nor down-cast, but maintain a cheerful and expectant attitude. Do not demand. Spirits do not like to be commanded, neither should mediums or sitters submit to dictation. Persist, go cautiously, but do not falter. Avoid extremes; be neither despondent nor over-sanguine, but if confident of ultimate success and patiently determined to deserve it, the faith that is exercised will most certainly be rewarded. Not, perhaps, in the way the sitters or sensitive would most like or expect, but in *some* way good will be derived from the sincere search for truth and the desire for knowledge.

*(continued next issue)*



## Cook Book Capers

RECIPE FROM: SPAIN DINNER PARTY

### POLLO EN PEPITORIA

(Chicken Braised in White Wine with Almonds and Garlic)

A 4- to 5-lb. roasting chicken  
cut into 6 to 8 pieces

Salt

White pepper

1 cup flour

1/2 cup olive oil

2 cups finely chopped onions

1 tablespoon finely chopped  
parsley

1 large bay leaf

1 cup dry white wine

2 cups water

1/4 cup blanched almonds,  
pulverized in blender, nut  
grinder or mortar & pestle

2 hard-cooked egg yolks

1 tablespoon finely chopped  
garlic

1/8 teaspoon ground saffron or  
saffron threads crushed with a  
mortar and pestle or with the  
back of a spoon

Sprinkle chicken liberally with salt and a little white pepper, dip in flour and shake to remove excess. In a heavy 10- to 12-inch skillet, heat the olive oil over high heat until a light haze forms above it. Brown chicken and transfer to heavy 4- to 6-quart casserole.

Pour off all but 2 tablespoons of fat from skillet and add onions, cooking over moderate heat until transparent but not brown. Spread onions over chicken and add parsley and bay leaf. Pour in wine and water. Bring to a boil over high heat. Reduce heat to low, cover tightly, and simmer, undisturbed, for 20 minutes.

With mortar and pestle or a wooden spoon, mash pulverized almonds, egg yolks, garlic and saffron to a smooth paste. Thin with 1/4 cup of casserole liquid and stir mixture into casserole. Cover again, and cook until chicken is tender. Transfer chicken to heated platter and keep warm.

Bring cooking liquids to a boil over high heat and boil briskly uncovered until the sauce has reduced to about half or enough to intensify its flavor. Taste for seasoning and pour it over the chicken. Serves 4 to 6.

*EDITOR'S NOTE—Please accept our apologies for the typographical error in the Red Currant Sauce recipe which appeared in the May 1976 issue. The correct amount of catsup is 1/4 cup.*



## INVOCATION

O Spirit of Infinite Love and Tenderness, we lift our hearts in grateful assurance that no good effort ever goes in vain. Guide us O Divine Light in paths of selflessness, that the true purpose of our being may be fulfilled. Grant us courage in our times of need to rise to our calling, confident in the knowledge that no task is beyond our capacity to fulfill when 'tis done for Thee.

## READING

True religion is the path of freedom. It is commitment in pure humility under the guiding light of Reason. Every soul has religion, but man alone has choice - to respond as he will to the Divine Calling that declares that all things shall return to the source from whence they have come. And so let us pause and ask ourselves, to what are we religious?

Man has a lower nature and a higher or spiritual nature. Seeds sown in man's lower nature bear a temporal harvest and guarantee the loss for himself. Ah, but seeds

sown in man's higher nature realize his eternal home. Therefore, let us not deny the truth of creation - that this lower nature does exist within us, for it does indeed serve a purpose, that being to anchor our soul to creation that it may express in this dimension. But let us also never forget that we ARE spirit, formless and free, the manifestation of Divine Intelligence - and the words of wisdom, "To thine own self be true." Selfless service is the only path to spiritual illumination, for selfless service is goodness done for goodness sake and so bears fruit according to its kind.

Therefore, let us pause this moment and consider, in what way may I serve my God today? Choose your path wisely and then have the strength of character to hold true to your commitment. True religion is a light in the world. May your religion be the love you share.

## BENEDICTION

May the Light of Truth shine in your lives, a living exemplification of love, joy and understanding. Amen.



## *Busy Bees*

### **ATTENTION SENTINEL READERS!!!**

*In keeping with the evolution of all of Serenity's departments, plans are now underway to completely revamp your SENTINEL. In the near future, we hope to surprise you with our new format which will include additional features. Meanwhile, we solicit your letters to the Editor. Have you any questions, comments or material to submit for publication?*

### **ANNOUNCEMENTS**

**DINNER PARTY:** June 19 at 6:30 p.m.

"Spain" is the theme for the fabulous dinner party to be held at the American Legion Log Cabin in San Anselmo. Authentic Spanish food and decor, special entertainment and movies, have been planned for the evening. These monthly dinner parties are open to the public and provide an opportunity for spiritually-minded persons to get together.

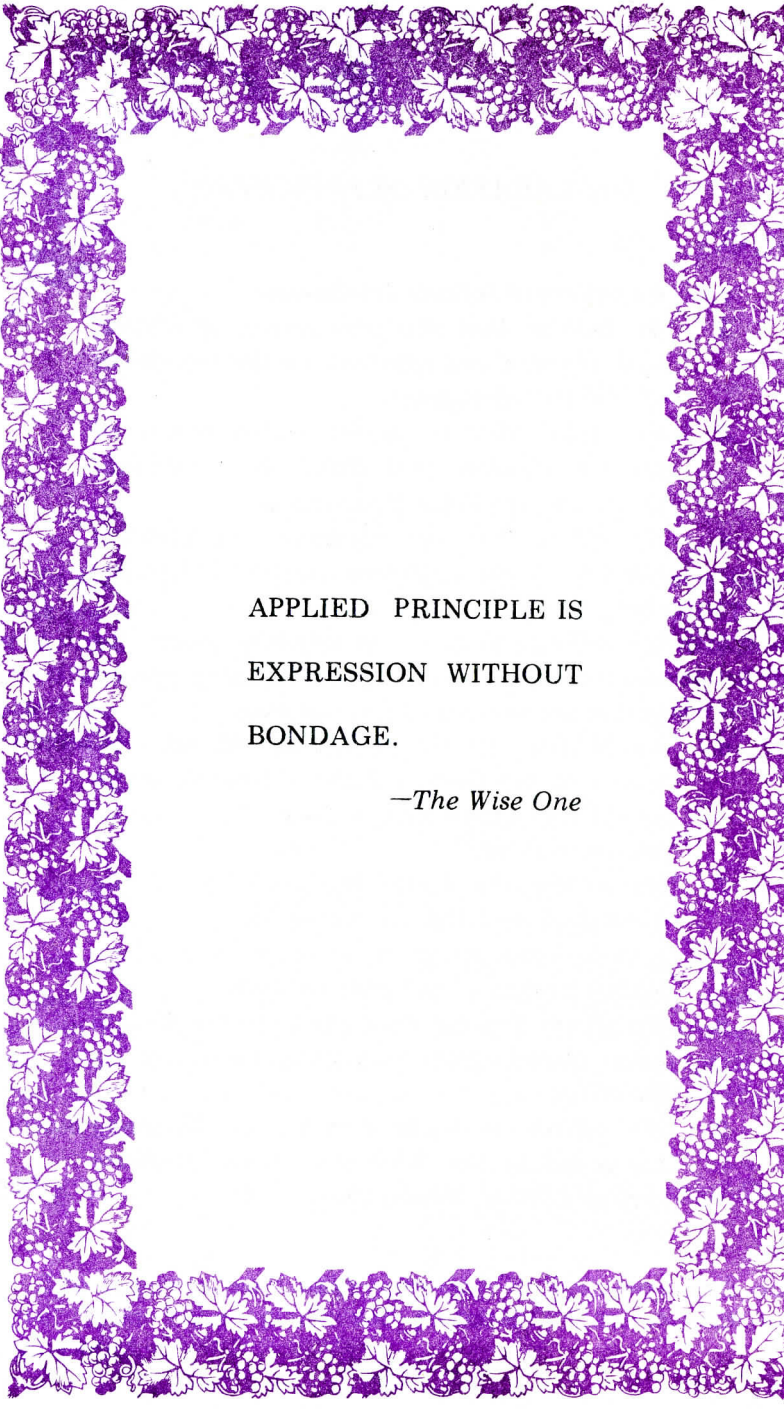
**BAKE SALE:** June 26 — all day— Downtown Shopping Center  
— on Grant in Novato —

The proceeds from bake sales help to keep Serenity's doors open. Your baked goods and patronage, therefore, are most appreciated.

## DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*





APPLIED PRINCIPLE IS  
EXPRESSION WITHOUT  
BONDAGE.

*—The Wise One*

## BECOMING A SPIRITUALIST: by H. Gordon Burroughs

### THE PHILOSOPHY OF SPIRITUALISM

#### *Continued from last issue*

Experiencing things spiritual, while manifesting on the earth plane, makes for the worthwhile things of life. It establishes confidence in oneself and enables the individual to eradicate those things that mar, hold, and make for limitations.

Within the philosophy, science, and religion of Spir-

itualism, we find all that makes for the building of character, finally leading to true living for all who care to see and to know. It teaches man not only to believe in God and in the continuity of life, but it enables him to reach that state of consciousness where he can truly say, as did the Master Medium, Jesus, "Thy will be done."

### THE RELIGION OF NATURALISM

The Religion of Naturalism is like a mighty river which has shallows where the lesser enlightened souls may play, and depths which baffle the greater thinkers. Because of this, it is adaptable to all mankind.

The more we study this truth, the greater satisfaction we find, and the clearer we see how much more happiness there would be in the world if all mankind were in tune with Natural Law. Full understanding of Natural Law will unite mankind.

How much greater respect and love for the all-loving Father would have been inculcated into the minds of the human family if we had been taught from the beginning

that we, as well as all the manifestations that we see around us, are the workings of the Natural Law which we have called God, or Divine Intelligence; that we are naturally a part of this Law expressing ourselves in physical bodies at the present time; that we are now living in eternity, always have been, and cannot in any way separate ourselves from it; that we have always manifested with Divine Intelligence in some form or another; that we are immortal now, not going to be; and that death does not usher us into eternity but is only one of the many changes in the ever-progressive plan of Divine Intelligence.

*(continued next issue)*



## *Lest We Forget*

Houdini Pinkerton Bostwick  
 Brother  
 Bubba  
 Vera Cavender  
 Charlie  
 Vera Clark  
 Harry Claveri  
 Basil Dracopoulos  
 Felix  
 Francis M. Gelardi Jr.  
 Kathleen Graves  
 Isa Goodwin  
 Jim Hosp  
 Irene  
 Henry Kiesner  
 Elisa Johnson

Jonquil  
 Kenny  
 Charles Lathrop  
 Joe Lucas  
 Harold W. Lucas  
 Michele  
 Nana  
 Erik Othberg  
 Peppermint  
 Bernie Pratz  
 George R. Robertson  
 Snowflake  
 Sunshine  
 Britta Uppstrom  
 Esther Yavneh  
 Vera Youdavitch

*To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.*



## THE FIFTH ANNIVERSARY

*continued from page 6*

power to people and to things seemingly outside of its control. And so, man in order that he may once again regain his own divinity, learns — usually the hard way — that that delusion is his greatest so-called hell. Everyone within the sound of my voice has spent enough years already on earth to know that all things come and all things go; that their passing or going can be a pleasing and gentle experience, or it can be a great emotional grief and sadness. The passing and going in our life does not mean the passing and going to another dimension of consciousness. It means the passing and going of all things. The passing of a job, and especially the passing of material substance called money. We are rich or we are poor, depending upon our choice in any moment whether to regain our divinity and declare our divine right within our own mind, or to entertain the delusion of the mind that somebody or something or circumstance has power to bring us happiness or to bring us sadness. The mind that insists upon entertaining the delusion and granting of that power outside of its domain will never find the peace that passeth all understanding. They will ever be the victims

and the puppets of mental dual creation. One moment will be a moment of joy only to guarantee the next moment of sadness, for creation is governed by a dual law, a demonstrable law of positive and negative. The Living Light philosophy does not view the Divine as a positive or father image, as a negative or mother image. Its understanding and acceptance is the neutrality of the Divinity. The Divinity called God sustains all things, *all* things. Its energy, its intelligent energy, is ever available to all forms. It is through the process of surrender to that Divine Intelligence that man is freed, that man is successful, that man is healthy, that man is happy, that man is fulfilled. And ever to the degree and the willingness to surrender the patterns of mind which we have relied upon for so many years, to the degree of surrendering those obstructions from our consciousness, are we truly freed. For man's insistence upon the superiority of his intellect over the humble servant called Divine Intelligence is where man's problems begin. And it is also where they end when he gives them to that Intelligence that knows and does not have to be told. The very essence of

*(continued page 31)*



## *Poet's Pen*

### *ALTHOUGH THE CURTAIN FALLS*

There comes a time for all of us  
 When we must say good-bye  
 But faith and hope and love and trust  
 Can never, never die,  
 Although the curtain falls at last  
 Is that a cause to grieve?  
 The future's fairer than the past  
 If only we believe  
 And trust in God's eternal care—  
 So when the Master calls  
 Let's say that life is still more fair  
 Although the curtain falls.

—Anonymous

\*\*\*\*\*

### *LOVE — POSITIVE THOUGHTS — SCIENCE*

Now that we know that science clear  
 Has proof that love and thoughts we hold  
 Make of our lives each day what's here  
 For thoughts can endless joy unfold!

But if we hate or fear or doubt  
 Then hell will needless rule our day  
 And all that's peace and joy we'll route  
 For mind controls and rules our way.

So friend make positive your thoughts,  
 Gain peace of mind that comes within,  
 Remember science now has taught  
 Us why our thoughts control and win!

—Ardoine E. Casgrain

## THE FIFTH ANNIVERSARY

*continued from page 29*

Divine Intelligence is the expression of joy, but we cannot touch that essence until we are willing to be receptive to it. And we cannot be willing to be receptive to it until we give up all those things in our mind that block it from our own universe.

It is indeed interesting, perhaps, to note in working with the mind and the spirit, the soul and the form, that man, his mind, is well likened unto a programmed computer, for that is the way the mind truly works. And whatever is permitted to enter the computer of the mind, that and that alone is the laws that are established by the mind. It has been stated many times in this church that it is not what you need to put into the mind to free your soul, it's what you need to take out of it to free your soul. The mind is already filled with a multitude of things, and those things are what rob us from our happiness.

And so, in facing my own adversities, I learned a law through demonstration, a law revealed in this philosophy that states, "Our adversities become our attachments. It is a subtle law." For that, whatever it may be in life, that we find ourself adverse to, simply

reveals we are entertaining that in consciousness. We are directing Divine neutral energy to that, and because we are doing that, we guarantee the experience in our own lives. For an adversity, in truth, is a fear, and fear, in truth, is negative faith. And so it is, the things we fear the most in life befall us. But it is also true the things in life in which we truly have faith uplift us in consciousness to planes supernal. But man cannot have positive faith in life as long as he permits his mind to be discouraged, as long as we insist on thinking of yesterday and not applying the lessons wisely.

It was only a few days ago that it was given to one of my students: Reason, what the mind calls reason—our philosophy teaches to keep faith with reason for she will transfigure thee — and so one of my students said, "I see this as reason and that to me is reasonable." What the mind calls reason is dependent upon what the mind has already accepted. And so the reason of the mind, based upon the limited accepted experiences in one's life proves not to be reason but the direct opposite of it, for each person has many varied experiences and if we based reason upon the limited

*(continued page 33)*



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## THE FIFTH ANNIVERSARY

*continued from page 29*

experiences of one person, then all of the other souls, they have to be out of reason. That's not where we find reason. We understand that reason is balance. And what is balance? Balance is the accepting of infinite truth that man is a physical effect of a mental body; that the mental body is an effect of the soul body, and that the soul body is an effect of the Divine Infinite Intelligence expressing, known as spirit.

And so, if it is balance, reason and truth that we are seeking, still the mind, for the mind is a dual instrument; it has a no for every yes; it has a doubt for every acceptance; and it has a fear for every faith. Therefore, within the confines of the human mind we cannot, in truth, find reason, balance or freedom. So we must permit ourselves to go beyond the mind to what is

known in this philosophy as the Divine Intelligence, the spirit, formless and free.

On your programs it states that I, that is, the true I—there are two types of I's; there is the I that we think we are, that's known as the thought of I; and then there is the I that we truly are, and that I we don't think about, we just are—and it states that *I am spirit, formless and free*—think, my students, formless and free, *whatever I think, that will I be*. And so here we are this day the effects of what we think. We are not the effects of what someone else thinks. We are only the effects of what we think, and if we will remember that, if we will truly bring it into our consciousness, each and every moment that we are the effect of what we think, we are not the effect of what everyone else thinks.

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EDITOR'S NOTE—The *SENTINEL* extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.\*

## THE PENETRALIA

*continued from page 5*

objects nearer, we become less sanguine in the pursuit; it is not the despair of not attaining, so much as knowing that there is nothing worth obtaining, and the fear of having nothing left even to wish for, that damps our ardor and relaxes our efforts. We stagger on the few remaining paces to the end of our journey; make, perhaps, one final effort; and are glad when our task is done!

*If life was all pleasure,  
could man yield his love of it,  
and yearn for eternal existence  
beyond the grave?*

It is most obvious that Letitia E. Landon's spirit-garden was cultured by unseen hands. But while, from the flowery slopes of heavenly incense rose, full of sweetness and spiritual gratitude, meanwhile there floated world-ward this low, deep sigh:—

*"Oh, love and life are mysteries, both blessing and both blest,  
And yet, how much they teach the heart of trial and unrest!"*

Also, the Offering of Sympathy—published some years since—contains a good reply to your interrogation:—

*"Why, when all is bright and happy, should a gloom  
Be spread around us? Oh! blind and thoughtless soul!  
'Tis the same power that reigns, and the same love,  
Is traced alike, in sunshine and in shade:  
The cloud that bears the thunder in its folds  
Comes on the errand of good will to man!  
Oh! we should cling too close to earth, and love  
Too well its pleasures and delight,  
Were there no shadows on its scenes of light,  
No sorrow mingled with its cup of joy.  
If sweet fulfilment followed all our hopes,  
Like the unfoldings of a spring-flower bud,  
We should not seek a better world than this;  
Where then would be the reachings of the soul  
For higher pleasures, and those purer joys  
That have no other dwelling-place but Heaven!"*

*(continued next issue)*





## THIS IS MY CHURCH

This is my Church.  
It is composed of  
people like me.  
We make it what it is.

I want it to be a  
Church that is a  
lamp to the path  
of pilgrims, leading  
them to goodness,  
truth and beauty.

It will be, if I am.

It will be friendly if I am.  
Its pews will be filled, if I help to  
fill them.  
It will do a great work, if I work.  
It will bring other people into its  
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,  
of fearlessness and faith, and a Church  
with a noble spirit—if I, who make it  
what it is, am filled with these.

Therefore, with the help of God, I shall  
dedicate myself to the task of being  
all of these things that I want my  
Church to be.

—From “I Belong”  
by Hoover Rupert

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